



First Unitarian Congregation of Ottawa

The Parkway Spire

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**Winter Deadline for
Submissions: January 6, 2013**

Fall Fair Survival Guide

This year's Holly and Lace Bazaar, our biggest fundraiser, happens Saturday, November 16. Here's how you can help make this year's fair a success!

Your donations

Preparations are underway, and it's time to clean out those closets, basements, and garages. We welcome forgotten treasures rather than well-loved, well ... junk. So please donate only things you would want to buy yourself. We accept almost anything if clean and in good repair and of carrying size. Exceptions are equipment for small children, stuffed toys, magazine or textbooks, and large or cathode ray tube televisions. For more information, contact: Katherine Gunn, klgunn@magma.ca

Pre-sorting your donations is a must!

- Make sure all items are clean and safe—not chipped, broken, dirty or moldy!
- Try to group like items together
- Use boxes rather than bags, and label for contents. We can supply boxes if you need them.
- Keep boxes small enough for a person to lift and carry

“When can I bring in my donation?”

We will be accepting donations from 1:30 p.m. on the Sunday prior to the Fall Fair (November 10) and all through that week until Thursday, November 14 at 8:00p.m.

...continued on page 2

In Memoriam

Melanie Davidson ~
Died October 1, 2013

Vera (Penny) Kennedy ~
Died August 23, 2013

Caring Contacts

November:

Joan Crighton
613-260-0469
jhcrighton@bell.net

Sue Wheeler
613- 829-8298
suewheeler@rogers.com

December:

Judy Dunlop
613-728-9242
judy_dunlop@sympatico.ca

Marianne Wood
613-725-3452,
wood@storm.ca



Diane Van Oostdam, Evelyn Hope, Ellen Derry, Ellen Smith.

The Silent Auction

The Silent Auction accepts “extra nice” items that no longer fit in your life: no longer worn jewellery, good dishes, crystal, art, silverware gathering dust, or musical instruments long silent. A small, valuable piece of furniture would also be suitable. Tax receipts are issued for items that fetch \$10 or more.

Contact: **Lorraine Yorke**, 819-682-3219, yorkel@videotron.ca



Large Items

We can accept furniture, sports equipment, etc., as long as the item can be carried by one person. Please do not bring equipment such as cribs, playpens, car chairs, helmets, as we cannot assume responsibility for the safety of such equipment.

Jewellery

Take a minute to check your jewellery drawer for charmers you haven't worn for a while. Leave them at the church office labelled “Fall Fair Jewellery.” We'll clean up, repair and sell almost everything except pieces that are missing stones. Broken jewellery has its own clientele, so bring it on.

Electronics

We cannot take televisions over 21 inches, any computer monitors or inkjet printers. Please consider working stereos, iPods, or computers.

Books

Please pack in small boxes. No moldy books, and no magazines, National Geographics, Readers' Digests or encyclopedias.

“How else can I help?”

We need volunteers leading up to the event and at the event itself. It's a wonderful way to spend a fall day! There are jobs that can be done at home, outside, or inside; jobs during the week helping set up rooms, triaging and organizing donations, jobs during the Fair selling, greeting, food service and jobs afterwards, cleaning up and restoring order for Sunday morning.

If you are keen to sign up for a role or have questions on volunteering, please contact the volunteer coordinator **Ellen Smith**, 613-623-5890, kirkmanhouse@bellnet.ca.

Bring in your plastic bags; although most people bring their own bags, we always need some to package purchases.

Fall Fair Publicity

Help us promote the event! Please put up posters in your neighbourhood, restaurants or condo. Posters are ready for pick-up in the West Lobby. Please invite friends with the smaller version, and post the large ones in community locations. You can use the congregational Facebook page to invite your friends, as well.





President's Corner

— Kim Elmer

*“Spring passes and one remembers one's innocence.
Summer passes and one remembers one's exuberance.
Autumn passes and one remembers one's reverence.
Winter passes and one remembers one's perseverance.”*

—Yoko Ono

It seems to me that most of the work of the year begins in autumn. In winter, we are preoccupied with staying warm, and steaming soups, and holiday sleeping in. In spring, our thoughts trip lightly from shower to flower, caught up high, high, higher on the buoyant breezes of hope. And then summer arrives and soaks us thickly in heat, only to wash us in the relief of her cool water. Isn't it fine to focus on our goals, to plan and to dream and to take action in autumn?

We hit the ground running this September. Thanks to all of you who have taken the time to share your ideas, hopes and dreams for the future of our congregation and campus plan. Thank you for your volunteerism and commitment to the ideals of Unitarianism—our social responsibility, our activism, our dissent and our agreement—as we undertake, with passionate enthusiasm, the co-creation of a better community, province, country and world. This will take all of our collective innocence, exuberance, reverence and perseverance—through the seasons.

Here are the Board and Administrative Strategic Goals for 2013–2014:

1. *Growing and warming the congregation—creating a warmer, more embracing space for newcomers and the rest of us, in hopes of adding membership.* Measurement: a 4-5 percent increase in our active membership by September 2014; positive climate survey results from the membership; Safe Space Committee Plan.
2. *Comprehensive survey to include communication practices and preferences and a draft five-year plan for adding new media, technology and a more public community outreach.* Actions: ad hoc communications committee formed, survey developed and implemented.
3. *Continued rigour in financial planning while seeking to sustain and retain our valued staff.* Measurement: balanced budgets and less than 3 percent variance in year-to-date.

Our work is cut out for us! Comments, ideas and suggestions are always welcome... please feel free to contact any one of us!

—Kim Elmer



Capital Ideas!



“Every night a child is born is a holy night”; so said Unitarian Universalist educator Sophia Lyon Fahs, and we know in our hearts this is true.

There are other truths that also reveal themselves during this holiday season, if we just pause to reflect on them.

Mary, when informed that she would give birth to baby Jesus, did not tell anyone at first, but took some time, according to the Bible to “ponder things in her heart”.

Generally, when it comes to seasonal decorations, I believe more is more, and the more it sparkles the better I like it. This year, however, I find myself pondering the connection between lights, electricity and oil and grown-up children killing each other over who controls the oil in lands very close to where Jesus was born. I am also pondering the fracking and pipelines that are operating and being planned in our own country.

Alison and I still intend to enjoy the big public light displays of the season, but will choose low-wattage decorations for our home. On nights when the snow permits, we may make a snow candle by piling snowballs into an upside-down cone and putting a lit candle inside.



The Bible also tells us Jesus was born not only into poverty, but into political oppression. The ruler of the land, King Herod, heard there was a new power being introduced into the region and was not happy about it. He asked the three wise kings to let him know where they found the baby, so that he, too, might pay tribute. Secretly he was planning to slaughter the newborn. The three wise kings, sensing Herod’s evil deception, found the baby, delivered their gifts and went home “by another way.”

Joseph and Mary had to protect their child from being killed. We worry about overindulging ours. Yet what is the point of having a holiday if you cannot allow a little overindulgence? In Shakespeare’s *Twelfth Night*, the reveller Sir Toby Belch asks the puritan Malvolio, “Dost thou think, because thou art virtuous, there shall be no more cakes and ale”?

So if you wish, may you enjoy cakes and ale this holiday-tide — you have my full blessing (as long as there is a designated driver)! But let there also be time for pondering things in your heart, giving thanks for the precious beings being born all around us. Let us determine not to allow the deceitful principalities and powers of this world to determine how we shall celebrate our festivities; like the wise kings of old, let us deliver what gifts we have to offer and find our own way home.

See you in church,

— John Marsh



Gray Areas: Reflections from the Intern

Becoming a Minister

You may have heard some of the acronyms: M. Div, MFC, CPE, RSCC –these are some of the most important letters in the life of a person heading toward ordination as a Unitarian Universalist minister.

The Regional Sub Committee on Candidacy (RSCC) is an aspiring minister's first major experience with the Unitarian Universalist Association. To see the RSCC, he or she completes paperwork and a career assessment, i.e. a psychological evaluation and strengths aspirant assessment.

The RSCC is designed to give people an idea of how they are doing so far and how they might do with the Ministerial Fellowship Committee. This is an hour-long meeting in which one can be asked anything. The RSCC gives feedback in a stoplight format: a green, yellow, or red light. A green light means they support and affirm your potential and candidate status has been granted. A yellow light slows a person down and requires them to accomplish something and see the RSCC again. A red light is intended to stop a person from continuing on the path to ministry.

There are two important pieces of the process that come at different times for different people: Clinical Pastoral Education (CPE); and, the Masters of Divinity degree (M. Div.). CPE is a period (in my case a ten-week summer intensive) in which the candidate is a chaplain in a hospital. This is also a time for intense processing of your feelings and responses, your history and theology, mostly done in the context of group work. I completed CPE in 2011; I achieved the M. Div. when I completed seminary in May 2012.

And then there is the Ministerial Fellowship Committee. Seeing the MFC is the final step before ordination. This is what I am preparing for this month; I completed additional paperwork showing that I had gained a level of competence in 16 separate areas — I'll spare you the list here, but if you're curious please let me know. There are also four required essays regarding my theology, my philosophy of Religious Education, a detailed biography, and a reflection on anti-racism, anti-oppression and multi-culturalism. There is an extensive reading list and several required references.

The final interview is the culmination of all this work. It starts with a ten-minute sermon, then for the next fifty minutes the panel can ask any question they want, about anything. When the interview is over, the panel gives the candidate a mark of one, two, three, four or five. A one or a two are considered passing marks. A three requires a return visit to the MFC. I received a three at my first visit and have worked on the recommendations I received. A four or a five are intended to stop a candidate from continuing into ordained ministry with Unitarian Universalism. After passing the MFC, the former candidate has been accepted into preliminary fellowship and has permission to be ordained and find a church to serve.

This is where I am in the process now. I will see the MFC on December 7 at 2 p.m. in Boston, Massachusetts. I will be away from you for a week during this time. I'm very excited to be seeing the MFC soon.

~ Jenn Gray



Religious Exploration – Sharing a moment with Susan



*“When you go owling/you don’t need words/or warm/or anything but hope...
The kind of hope/that flies/on silent wings/under a shining/Owl Moon.”*

~Jane Yolen

RE Calendar

Nov. 3

Celebrations of Light
begins: Diwali

Nov. 10

Celebrations of Light:
Hanukkah

Nov. 17

Celebrations of Light:
St. Lucia

Nov. 22-24

Senior High OWL
Weekend

Nov. 24

Celebrations of Light:
Winter Solstice

Dec. 1

Celebrations of Light:
Kwanzaa

Sign up for Mystery Pals
begins

Dec. 8

Celebrations of Light:
Advent

Dec. 15, 10:30 a.m.

All Ages Mitten Tree
Service: Owl Moon

Dec. 22

Caroling at Unitarian
House

Dec. 24, 5:00 p.m.

Christmas Eve Family
Service

Dec 29

No RE

This fall in Children’s Religious Exploration (RE) we have been learning and growing together in thematic programming developed in-house for all our five to thirteen year olds. The shared experience of exploring common themes across a wide age range has allowed us to connect more actively with the wider congregation, cultivating community, deepening focus, and finding meaning in content and activities relevant to our context.

While our September and October unit, “Community: Getting to Know Our UU Faith Home,” invited children to participate in age-based groups (5-7, 8-10, and 11-13), our late fall explorations will allow for interest-driven choices and multi-aged groupings. As we look at world religions through the lens of “Celebrations of Light,” children will gather for an introduction to the morning’s celebration and then split into groups to explore more deeply through adventures in cooking, yoga and creative movement, and music.

As we learn that many faith traditions around the world celebrate light in various forms, we will also reflect on the light that shines in our own hearts: hope, love, inspiration, compassion, awareness. We will draw together children of different ages so that they might help and connect with one another while opening their minds, lifting up their hearts, and working with their hands to cook, move, and make music.

We look forward to bringing some of our work and play to you at the All Ages Mitten Tree Service on December 15. Come join us to honour the Winter Solstice as we kindle the light in our hearts by gathering in caring community and bringing gifts to share. We will animate the story, “Owl Moon”, with music, movement, and “soul food.” Please bring offerings of warm winter wear—mittens, hats, scarves, snowsuits, and boots—to adorn our tree and donate to the Snowsuit Fund.

*Blessings
— Susan*



Liesl Thompson, Sylvana Agraso, Alex Scott-Thomas, and Patrick Harvey





Announcements



The Calendar Girls and Guys Next Door

To date, *The Naked Truth Calendar* sales are \$4,385.00, and we're only in the middle of October! The calendar is available for \$15 after service in Fellowship Hall, at the Unitarian House front desk and at several local merchants in the Westboro area. Get your copy today. Inspire your friends; amuse your grandchildren. These make great Christmas gifts.



Unitarian Seniors' Program

Jacob Caines and members of the Chalice Choir will lead the annual pre-Christmas carol singing. Alex Campbell will conduct the worship service.
When: Wednesday, November 27 **Service:** 11:30 a.m. **Lunch** (\$7 or pay what you can): 12:00 p.m. **Program:** 1:00 p.m.
Where: Worship/Fellowship Hall **RSVP** (only if you are not on the phone list): Maureen Sly, 613-728-7610, mmsly@rogers.com by Sunday, November 24.

A Kitchen Mystery

One of the two racks in the oven in the main kitchen is missing! I had seen it beside the stove a number of months ago but now it is gone. If anyone has any knowledge about it, please contact the office.

I thank all my regular volunteers who help on Sunday mornings for Hospitality Hour. You are the backbone to running a smooth service of refreshments for the congregation.

—Tarrel Armstrong
Coordinator

Reading for Growth Groups

Fiction Reading Group
 We meet on the first Tuesday of each month at 1.30 p.m. in the Lounge. We will warmly welcome you if you would like to join us. On November 5, we are having a “book potluck” where each person brings a book they think others would enjoy. On December 3, we are discussing “The 19th Wife”

by David Eberhoff. For further information, contact **Joan Auden**, 613-730-1716, auden@primus.ca.

Friday Book Group

The Friday Reading for Growth Group will meet in the Lounge at 1 p.m. on November 29 to discuss “The Righteous Mind: Why Good People are Divided by Politics and Religion” by Jonathan Haidt. Newcomers are welcome. For information contact **Margot Clarke** at 613-820-6596 or mmclarke80@gmail.com.

Glebe/Centretown/Old Ottawa South Neighbourhood Group

When: Sunday, November 24 at 7 p.m.

Speaker: David Chernushenko will talk on “The joy of not driving”.

Where: Rosemary Bonyun’s, #106, 7 Kippewa Drive, Ottawa.

Contact: Rosemary, 613-563-0594, rosemary_bonyun@sympatico.ca
 All are welcome. Bring a small dessert (finger food) to share.

There will be no meeting in December.



Adult Learning

Introducing Ourselves

This course is designed to give newcomers as much information as possible. We will ask about your spiritual journey so far, share the histories of Unitarianism and Universalism and of the Ottawa congregation. Led by Rev. John Marsh.

When: on a Saturday—
November 30, February 22, or
May 31, from 9:00 a.m. to 4:00
p.m. (lunch included)

Registration: in Registration
Book outside the Lounge or
adultlearning@firstunitarianottawa.ca

Contact: Rev. John Marsh,
613-725-1066x225,
minister@firstunitarianottawa.ca

Reproductive Justice Course

Unitarian Universalists are called to answer the debate on reproductive rights for everyone. This six-week UUA curriculum opens awareness of reproductive oppressions and offers opportunities to learn about ourselves and others.

Session 1: Introduction: What is Reproductive Justice?

Session 2: Sacred Sexuality

Session 3: Inherent Worth and Dignity

Session 4: Reverence for Life

Session 5: Right of Conscience

Session 6: Conclusion: Moving Forward

When: January–March 2014,
likely Tuesday or Wednesday
evenings, to be determined by
participants

**Please contact: Margaret
Linton or Rozanne Lepine at**
adultlearning@firstunitarianottawa.ca

Hamlet, by William Shakespeare

-with John Marsh

The most well-known play in the English language is also one of the most confusing. Things seem pretty bad, and in reality, they are worse. It is all about revenge and so much more. We will read the play out loud and also watch scenes from movie versions. Special attention will be paid to the ghost of Hamlet's father and the characters of Gertrude and Ophelia.

When: Sunday evenings,
January 19–February 16,
2014 at 6:45 p.m.

Registration: Please sign up
in Book outside the Lounge,
at Registration
adultlearning@firstunitarianottawa.ca, or call the church
office, 613-725-1066

Mindfulness Meditation

The group will be sitting up to and including December 18th, and starting up after the holidays on January 15, 2014.

Everyone is welcome.

When: Wednesday evenings,
7 p.m.

Where : Fellowship Hall

Contact: Colleen Glass
adultlearning@firstunitarianottawa.ca

Deck the Halls for Christmas Dinner



At First Unitarian–December 25

Are you wishing you could enjoy Christmas in a festive group setting? Come and join us, on Christmas Day, in Fellowship Hall, for a delicious pot-luck dinner. Singles, couples, and families with children are all welcome!

Aperitifs and games around
5 p.m. Dinner at 6 p.m.

Entertainment to follow...?

Want to be part of creating the fun? Please let me know. I'm looking for people with good ideas for a theme and decorations and things to do.

RSVP: Rev. Frances Deverell,
frandev@sympatico.ca
613-747-7584





November December Services

November 3

10:30 a.m. & 5 p.m. **“The Irony of the Peace Exhibit at the War Museum, Part I”**

Speaker: John Marsh
It’s worse than you think! The current Peace Exhibit at the War Museum does not merely offer us false choices, but gives us wrong information. There will be an opportunity for discussion after both services.

November 10

10:30 a.m. & 5 p.m.
“Remembrance Day”

Speaker: Jenn Gray
Today we come to remember those who did not return from war. We remember those who gave their lives, or their youth, in response to the call of this country.

November 17

10:30 a.m. & 5 p.m. **“The Irony of the Peace Exhibit Part II: “Did you Notice What Wasn’t There?”**

Speaker: John Marsh
Part of my issue with the Peace Exhibit is what isn’t there. Here’s some of what I would have included. There will be an opportunity for discussion following the services.

November 24

10:30 & 5 p.m. **“Unitarian Service Committee Sunday”**

Guest Speaker: Martin Settle
Martin is a new staff member at the Unitarian Service Committee and has recently returned from a visit to Ethiopia.

December 1

10:30 a.m. & 5 p.m. **“Waiting”**

Speaker: John Marsh
We sometimes need to hear the cry: “Don’t Just Do Something! Stand there!!”

December 8

10:30 a.m. & 5 p.m. **“Preparing to be Happy”**

Speaker: John Marsh
If you told people you were “waiting to be happy,” I expect at least a few of your friends might start avoiding you. However, if you told them you were preparing to be happy, you might soon attract a crowd.

December 15

10:30 a.m. **“All Ages Mitten Tree Service: OWL MOON”**

Come honour the Winter Solstice, the longest night of the year, as we kindle the light in our hearts with the annual Mitten Tree Service. We will share the story, “Owl Moon”, with music, movement, and “soul food” offered by our children, who will have just completed a thematic unit on “Celebrations of Light” in religions around the world. Please bring offerings of warm winter wear—mittens, hats, scarves, snowsuits, and boots—to adorn our tree and donate to the Snowsuit Fund.

December 22

10:30 a.m. & 5 p.m. **“Blessings”**

Allowing ourselves to feel and celebrate the good things that surround us.

Speaker: John Marsh

Christmas Eve Services

5:00 p.m. **“Family Service for All Ages”**

6:15 p.m. Light supper of soup, salad, and bread will be served

7:30 p.m. **“Service of Readings and Carols”**

10:00 p.m. **“La veille de Noël”** — a French-language service of carols and readings.

December 29

10:30 a.m. **“Skipping the Resolutions”**

Speaker: Jenn Gray
Have you made a new year’s resolution that you haven’t kept? I know I have. It has become almost a joke, how long the resolutions will last. What if we skip the resolutions this year?

January 5

10:30 a.m. & 5 p.m.
“Blessings”

Speaker: John Marsh
I will tell a very old joke about a Unitarian minister asked to bless an Italian sports car. I will also talk about how, in much older times, giving something your blessing, involved marking it with your own blood (no joke). I will share my disappointment with you that my relationship with Queen Elizabeth II seems to have deteriorated over the years (semi-joke). Finally I will ask each of us to consider for what blessings we still yearn and where and how can we locate them.

Thank you Merci Gracias

~ compiled by *Alastaire Henderson*

Here are some people and activities to appreciate, recognize, and celebrate:

- ✚ Friends of the Meditation Gardens warmly thank **Liz Benjamin, Lori Snyder, David Hudson and Renee de Vry**, who spent a productive afternoon building a retaining wall around the North Garden's arbour. Now we can plant some beautiful climbing vines.
- ✚ Thank you to **Eva Berringer** and **Susan McEwen** for organizing the very successful "Everyone at the Table: Facilitators Workshop".
- ✚ A big thank-you to everyone who worked on the wonderful Multi-faith Housing "Werner Roast" dinner on October 19.
- ✚ Many thanks to **Ron Wilson, Ellen Kammermayer, Betty Campbell, Lori Snyder, Doris Jelly** and **Liz Benjamin** for their summer-long work on building, tending, harvesting, and distributing the produce from the vegetable plot run by the Environmental Working Group. And to the appreciative Unitarian House recipients who ate it all!
- ✚ A big "thanks!" to **Jacob and the Chalice Choir** for their help and support with the Multi-faith service Oct 20. As well, special thanks to **Isabel Burrows, Margot Clarke and Ria Heynen** and their team for a lovely reception. Our guests enjoyed both the service and the social time very much.
- ✚ Special thanks to the **RE folks**: The year is off to a wonderful start based on the enthusiasm of the children.
- ✚ Thanks to **Jen Brennan** for the wonderful new congregational website, and to **Jenn Gray** for creating a First Unitarian Congregation Facebook page — if you're a Facebooker, please "like" us!
- ✚ A warm thank-you for help with the Poverty Awareness Working Group's project supporting the Aboriginal Women's Shelter to: **Lori Snyder, Ellen Derry, Ellen Kammermayer, Eunice Ellison, Ian Gorman, Ron Wilson, Mike Wheeler, Wendy Tomlinson, Marlene Campbell, Janet and Dick Standish, Elisabeth Morrison, Doug Robinson** and everyone who kindly brings donations of household goods.

You can submit items by sending an email to **Alastaire** at hendersalas@gmail.com or by calling 613-562-2253 at least 48 hours before the *Parkway Spire* deadline.

Board Events—Mark your Calendars!

With a view to giving congregants a heads-up on what your Board is planning, here is a short list of happenings before and after the holidays. As always, any congregant is welcome to attend our monthly meetings.

Board meetings

Wednesday, November 20, with Social Responsibility Council guests

Wednesday, January 22, with Property/Campus Planning guests

Wednesday, February 19.

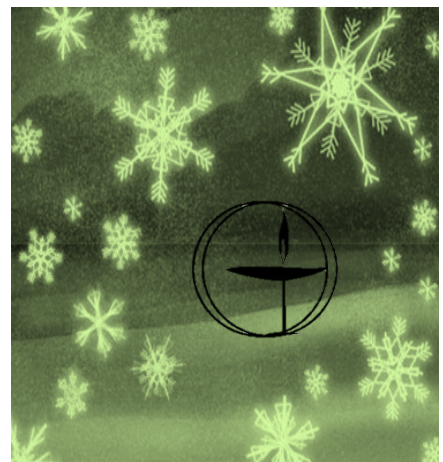
Other meetings

On Sunday, January 26, 2014, the Board will be holding a town hall on the congregation's covenant and code of communications.

On Sunday, February 23, there will be a review of the resolutions that will be presented at the Canadian Unitarian Council's Annual Conference and Meeting, May 16-18 in Montreal.

Our Annual General Meeting will be held on Sunday, April 27, 2014.

—*Alastaire Henderson*,
Secretary



November

Sunday, November 3, 12:30 p.m.

UN Working Group meeting
Environmental Working Group meeting

Sunday November 10, 10 a.m. and 11:45 a.m.

Fair Trade Sales

Granny Squares Sales

Sunday November 17, 12:30 p.m.

Global Justice Working Group meeting

Tuesday, November 19, 8:30 a.m.

Poverty Awareness Working Group meeting

Thursday, November 21, 4:00 p.m.

Unitarian GoGos meeting

Friday, November 22, 9:30 a.m.

Social Responsibility Steering Committee meeting

Sunday, November 24, Social

Action Movie Night:

The Carbon Rush

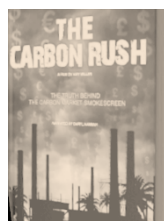
5:00 p.m. service, 6:00 p.m.

potluck, 6:45 p.m. film

Sunday, November 24, 12:30

p.m.

Global Justice Working Group meeting



December

Sunday, December 1, 12:30 p.m.

UN Working Group meeting

Tuesday, December 10, 8:30 a.m.

Poverty Awareness Working Group meeting

Sunday, December 15, 10 a.m. and 11:45 a.m.

Fair Trade Sales

Granny Squares Sales

Friday, December 20, 9:30 a.m.

Social Responsibility Steering Committee meeting

Unitarian GoGos' African Dinner

Don't hesitate! Make up a table of your friends to share a memorable evening. Enjoy African food, wine, live music and silent auction. RSVP as soon as possible, because this wonderful event sells out.

When: Saturday, February 8, 2014, 6:00-9:00 p.m.

Where: Fellowship Hall

Cost: Donation to the Stephen Lewis Foundation

Grandmothers to Grandmothers Campaign

RSVP:

unitariangogos@gmail.com or

Wendy Doyle, 613-824-7462

Note: At our meeting on Thursday, November 21, 4:00-5:30 p.m., we will be making plans for the African Dinner on February 8. Everyone is welcome.

**Social Action Film Night –
*The Carbon Rush***

Hundreds of hydro-electric dams in Panama. Incinerators burning garbage in India. Biogas extracted from palm oil in Honduras. Eucalyptus forests harvested for charcoal in Brazil. What do these have in common? They are all receiving carbon credits for offsetting carbon pollution created elsewhere. This film takes us around the world to meet the people most impacted, but least heard in the cacophony surrounding in this emerging “green-gold” multi-billion dollar carbon industry.

When: Sunday November 24.
Worship service: 5:00 p.m.,
potluck supper: 6:00 p.m., film

screening: 6:45 p.m., followed by discussion.

Contact: Frances Deverell,
president@cusj.org

Gifts from Nepal

The Canada Nepal Working Group raises funds for women and children in the Women's Foundation of Nepal's shelter in Nepal; in Canada, the group assists with projects for those new to the country. In November we will have two sales of scarves and shawls made by women living in or graduated from the shelter.

- November 22 & 23, 10 a.m. to 4 p.m., at the home of **Sheila Perry**, 1119 North River Road, 613-407-7434
- November 29 & 30, at the home of **Mary and John Partington**, 43 Queensline Drive, 613-829-9963.

For information or to help, contact **Judy Dunlop** judy_dunlop@sympatico.ca, 613-728-9242, or **Tara Upreti**, 613-424-4145.

Help Needed for Refugee Immigrants

The Canada Nepal Working Group needs volunteers to assist Bhutanese/Nepali refugees become settled. These refugees have minimal English skills and need orientation to our transit, education and health care systems, as well as beginning English as a Second Language (ESL) studies. For more information or to volunteer, contact **Mary Duncan** at meduncan@sympatico.ca, 613-798-0267, or **Tara Upreti** at t_upreti@hotmail.com 613-424-4145.

Plate Collection at September 15 Service for Syrian Refugees

The UN Working Group requested that the collection from our September 15 service be donated to UNICEF, because UNICEF has an excellent, 67-year record of providing comprehensive services for the benefit of children. Syrian children comprise the largest segment of refugees in the camps on Syria's borders. We have learned that some congregants queried the choice of UNICEF for our donation on the basis of alleged excessive organizational overhead.

In fact, there is a *false* myth being circulated on the Internet that UNICEF executives are paid exorbitant salaries. The source(s) are unknown, but it is noteworthy that, in parts of the US, the UN is denigrated and support for the organization- frequently incurs allegations of treason. UNICEF Canada files financial statements with the Canadian Revenue Agency. The executive salaries posted are commensurate with the required duties and those of other NGO executives. It would be helpful to report rumours of alleged fiscal mismanagement by UNICEF to UNICEF Canada.

Our collection of \$885.00 has been sent to UNICEF Canada to assist in the herculean task of caring for and educating over a million Syrian children in refugee camps. We trust it will enable staff and volunteers to provide good care to children in one of these camps.

— *Mary Duncan*

Internship Committee

As most people know, Jenn Gray is our ministerial intern this year. This is our third consecutive year of sharing a ministerial intern with the Eastern Fellowship. How lucky we are to be in a position to host an intern! Not only do we get the benefit of her perspective and ideas, but we are also contributing to the larger Unitarian Universalist movement by offering a space in which she can gain practical experience and develop her skills before going out into the wide world of UU ministry.

The Internship Committee is a combined committee of the two congregations and fulfills our obligation to provide regular feedback and support, as well as to prepare mid-term and final evaluations, with the final going to the Ministerial Fellowship Committee at the Unitarian Universalist Association. The Internship Committee meets with Jenn on a monthly basis, and we encourage you to talk freely with Jenn and with any of us about her ministry with us.

Committee members from First Unitarian: **Bill Van Iterson**, Chair, **Linda Goonewardene**
Committee members from the Fellowship: **Lorna Erickson-Fraser**, **Martha Nabatian**

Friends of the Meditation Gardens

The Friends will be selling their popular Garden Calendar again during November and December—watch for us in Fellowship Hall. A 2014 calendar with thirteen gorgeous garden photos makes a wonderful Christmas gift. **Contact: Alastaire**, hendersalas@gmail, 613-562-2253.



2014 Garden Calendar Cover

“Greening” Ottawa in a time of Climate Change

On October 20, Graham Saul, Executive Director of Ecology Ottawa, gave a talk for congregants and the public on this local organization’s work to “green” Ottawa and combat climate change.

He began with the premise that climate change is a growing problem with a solution — move away from fossil fuels toward renewable energy. So we have a moral choice to make: do we commit to doing our fair share to reduce greenhouse gas (GHG) emissions and avoid worst-case scenarios, or not?

To be routed through Ottawa, the tarsands pipeline (TransCanada’s proposed “Energy East Pipeline”) encapsulates this moral choice. In addition to the damage caused by inevitable spills, its overriding purpose — to enable tarsands expansion and export of the product — would greatly increase Canada’s GHG emissions and put people and land at risk from spills. Ottawans need to ask for a spills risk assessment, and demand politicians stand up and say, “This pipeline is a bad idea.”

About 65% of Ottawa’s GHGs are from

buildings, especially from heating. Shared walls are one of the best ways to reduce emissions. Intensification is a controversial idea in low-density areas of Ottawa; to increase average population densities, some high-rises are necessary. The challenge is to make them better places to live and truly part of their neighbourhoods. In this effort, we need to keep our green spaces and plant more trees.

Another 25% of GHGs are transport-related. To reduce emissions, Graham recommends active transportation, “complete streets” for walkers, cyclists, buses and cars, and not building more roads (doing so sabotages public transit).

Ecology Ottawa believes thousands of Ottawans share its values and goals. To create a community network for local environmental actions, the organization is reaching out to residents, identifying 150 neighbourhoods and working to engage their local leaders. For more information or to volunteer, see www.ecologyottawa.ca.

— Alastaire Henderson

Mental Illness Working Group

What happens when...

... you bring together Big Soul Project with a cause as worthy as Ancoura? You get a joyous benefit concert in support of Ancoura’s mission: creating homes and supportive community for persons living with a mental illness. The concert takes place on March 29, 2014, at Southminster United Church.

The Mental Illness Working Group is the driving force behind this initiative. In a few weeks, we will be selling tickets for the concert. These will make great gifts for your family and friends. Ticket price: \$20; and for every ticket purchased, you will receive a free pack of Ancoura greeting cards (\$10 value).

Big Soul Project is a vibrant community choir with incredible on-stage energy. They have sung at the Blues Fest, on CBC and even with Barbara Streisand! Their gift of choral music, with its roots in R & B, gospel, rock and Motown, has people dancing in the aisles.

Ancoura is synonymous with heart and courage. It also means chorus (*chœur*) — residents and volunteers united as one voice in a vibrant spirit of community. What better way than to have First Unitarian raise our voices with Big Soul Project in support of Ancoura. Please help us make this concert a great success.





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Jan/Feb Deadline for Submissions: January 6, 2014

Subscriptions

Electronic subscriptions are free, contact: publications@firstunitarianottawa.ca.
For information on receiving the Spire via surface mail (cost \$12), contact the church office.

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